

## Former WWII POW has a message for his hometown:

# “Hey... I’m not dead yet!”

By Mary Kay Gominger

Air Force MSgt retiree Rupert B. Maxwell left his long-time home in Crossville, Tenn., last month and traveled to Gulfport to join his fellow veterans. At the age of 90, Rupert just felt it was time. But first, he had some things to do. Like write a book. So when he got the call from Greg Moore telling him his name had come to the top of the move in list, he knew he better get busy writing. He finished his first draft the week before he left and is now waiting for the first copy to be published.

“Everybody I knew kept telling me I needed to write a book on my life,” Rupert said. “I never thought people would be interested in reading it but I decided to go ahead and do it.” Again, it was just time.

Rupert enlisted in the Army Air Corps in August 1941. He worked in air traffic control for two years and at the encouragement of his boss, he applied for Pilot Training. Since he never finished high school, Rupert figured he had a slim chance but as fate would have it, he breezed through the battery of tests required for fighter pilots and as he sat facing a board of five, two West Pointers against him getting in and two line officers for him getting in, he realized then that he could not only be a good fighter pilot but he could be one of the best fighter pilots the Army Air Corps had. That’s what he told the senior board member, who just happened to be have the tiebreaker vote. Rupert got in.

After he had completed his training, he was off to Europe and for the next seven months, as a 2nd Lt., he flew P47s with the 368th Fighter Group. Rupert, now 23 years old, was on his 27th mission when he was shot down just outside Neuwied, Germany.



Rupert, then and now.

He landed in water and as he struggled with his parachute and began making his way to the shore, locals began shooting at him. Dodging bullets, Rupert finally made it to land. He was repeatedly kicked, beaten and stomped and then taken to the nearest Prisoner of War camp. Rupert spent the next seven months in captivity. His family was notified that he had been shot down and was killed in action. Weeks later, they were notified that no, he was in fact alive but was in captivity.

During the seven-month imprisonment, Rupert said it was the scarcity of food that he remembers most. And the freezing weather.

“We didn’t have anything good to eat and what they did give us, there wasn’t much of it,” Rupert said. “We slept in snow banks and up inside culverts in temperatures below zero,” he recalled. “We lost a lot of men during that time.” He remembers too, a German guard that froze to death watching over them one particularly frigid night. “He was frozen stiff as a board the next morning,” he said.

Besides the hunger and freezing weather, life in the POW camp took on the familiar hum of any military unit. The highest ranking officer took charge and they formed

committees that focused on escaping, intelligence and survival.

Rupert and 8,000 other American POWs were released on April 29, 1945, when General Patton’s Army charged in and overtook the camp. Rupert, down to a mere 112 pounds, was transported with other released POWs to Camp Lucky Strike in France. They were stripped of their tattered clothing, sprayed with disinfectant, given one set of clothing (wool shirt and pants and now it was hot) and then put on a cargo boat to make the 18-day trip home. At Ft. McPherson, Georgia, he was given \$50 and was told that once his pay was figured he would be sent the balance of what was owed for seven months, minus taxes. The Army Air Corps has no use for fighter pilots now, the war was over.

Rupert wasted little time in figuring out what he wanted to do next. He knew he had a love for aircraft so he went down to his local recruiting station and did what he did four years earlier. He enlisted. Rupert spent the next 17 years in Air Traffic Control eventually retiring as a MSgt.

Many years later, Rupert went to his hometown in Tennessee and visited a WWII memorial. Much to his surprise, his name was listed on the wall as killed in action. He called the local paper and they came down and took his picture and ran it the next day. The caption read... “Hey, I’m not dead yet.”

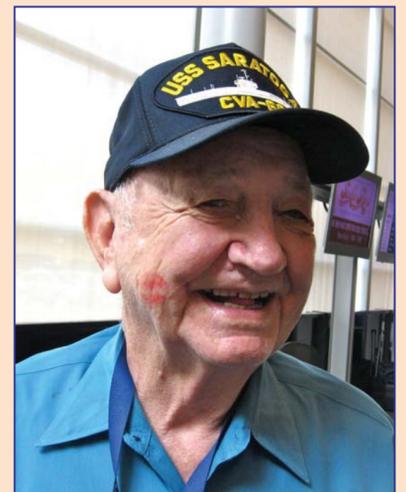
We look forward to seeing Rupert’s book, entitled the same (“Hey, I’m not dead yet”) in our library when the final copy is released.

## Inside this Issue



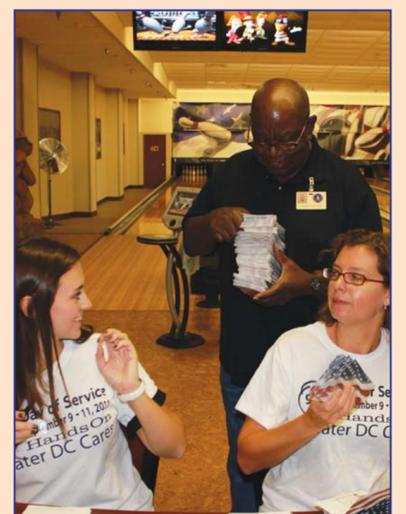
### Roy Wheeler takes Club Championship sponsored by NCOA

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### WWII Victory Theater visit

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### Day of Service in DC

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## Wrecking ball express swings into action

On Tuesday, September 27, 2011 the wrecking ball finally dropped to start the second phase the Scott Building demolition. The complete demolition is scheduled to take approximately 60 days. AFRH will be hosting the “new” Scott building groundbreaking on November 3rd at 10:30 a.m.



Susan Chubb leads the resident charge to bring on the wrecking ball.



Representatives from the Resident Advisory Council Donald Cooper (left) gets ready to blow the horn to drop the wrecking ball while Joe Wachter leads the count down.



The wrecking ball continues to swing into the center section of the Scott Building.

## AFRH COMMUNICATOR

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### *Serving Washington, D.C. and Gulfport, Mississippi*



**ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD**

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

**Eligibility:**

Military veterans from each service branch can live at AFRH.

The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home.  
<http://www.carf.org>  
<http://www.carf.org/aging>



## Become a resident today!

### DoD Appoints Chief Operating Officer at the Armed Forces Retirement Home

WASHINGTON, September 25, 2011 – Today, Mr. Steve McManus, officially assumes the role of Chief Operating Officer (COO), Armed Forces Retirement Home. McManus has served as acting COO since January 16th.

“Steve McManus has demonstrated that he is well qualified to serve as COO, having served in numerous leadership positions at the Armed Forces Retirement Home since 2002,” Robert L. Gordon, deputy assistant secretary of defense for military community and family policy, said. “In addition to serving as Acting COO, he has served as deputy COO and chief financial officer. His many policy, advocacy, financial, and oversight roles at the home have ensured a smooth leadership transition and continue the tradition of providing high standards of care for residents in Washington, D.C. and Gulfport, Miss.”

McManus is a member of the Senior Executive Service. By accepting this appointment Mr. McManus serves at the pleasure of the Secretary of Defense as delegated to the Under Secretary of Defense for Personnel and Readiness and Principal Deputy.

### *Resident ties the knot in the AFRH-G Chapel*



Maurice (Sonny) Scardino (center) and Laura Moore exchange wedding vows at the AFRH-G Chapel on August 15, 2011. Sonny is the first resident to be married in the Chapel since AFRH-G re-opened.

# Message from the Chief Operating Officer



As many of you know, I was selected to be the Armed Forces Retirement Home's Chief Operating Officer. I am deeply honored and humbled to have been selected for the position. Over the past several months we have been down several different paths that have led us to an even deeper commitment to each and every Resident. We are experiencing a time of great opportunity and challenges that leads me to believe we have so much to gain. As the COO of our great Homes, I will continue my commitment, support our staff through great challenges, and take every opportunity to make a better life at the AFRH.

Through our Strategic Planning we have set a course for positive Trust Fund growth and needed modernization at the DC campus. \$5.6 million in Trust Fund money was requested and approved to begin planning for a design-build renovation of the Scott Dormitory or the "Scott Project." Working with DoD and OMB, \$70M was taken from DoD's top line and programmed in Budget Authority for the Scott Project in 2010. Built in 1954, the Scott Dormitory has had no major renovation and a 2007 capital study identified over \$81 million in needed repair work. In 2006, 54 percent of all the work orders on the campus were associated with the Scott Building. Completion of the Scott Project will provide significant operational savings, result in a new commons space for all levels of care, and provide renovated assisted living space in the Sheridan Dormitory as well as new long-term care and memory support accommodations in the same footprint as the costly Scott Building.

This outcome was not without hard work by the team of key AFRH staff, Resident leadership, numerous Focus Groups, and expert consultants who studied various facility improvement scenarios to meet their new operating model. The final design concept is to replace the Scott Building and replace it with a new Commons Building and a new Healthcare Center. The Commons will contain dining, the kitchen, a wellness center, dental and optometry services, administrative offices, and recreation spaces as well as a Hall of Honors and a Main Street with the post office, banks, and retail outlets. The new Healthcare Center, at a reduced population level, would house Long Term Care and Memory Support. The Sheridan Building will be remodeled to accommodate Assisted Living.

As you know, on the Washington campus we worked very hard over past two years to finalize our "new" Scott Building design while ensuring continuity of services throughout the construction period to ensure the highest quality of care to each Resident. At last

the soft demolition has been completed on the existing Scott Building and the wrecking ball has finally been dropped to start the second phase of demolition. Along with all that has been happening on the campus itself, we have also worked with our partners at the Walter Reed National Military Medical Center to ensure a smooth transition for all of our Residents to the new facility located in Bethesda, Maryland.

In a few short days we will celebrate our one-year anniversary of the Gulfport facility re-opening. Since the opening in October 2010, we have been growing as a community on and off campus. The leadership has been working very hard to build partnerships with Keesler AFB, the Biloxi VA Medical Center and other outside medical providers to ensure all Residents receive the highest quality of medical care. Our Gulfport campus continues to grow with new Residents and staff members coming on board each month.

Beyond the "new" Scott construction and Gulfport re-opening we can take pride in a range of accomplishments. The one accomplishment that stands out is our commitment to move towards a culture of quality and wellness. For this past year the senior leadership

team has implemented the Person-Centered Care philosophy, while monitoring progress and developing measurements that will ensure that we will continue to be the retirement home of choice for eligible veterans. One tool that helps us attain our goal is undergo-

ing an accreditation review by the Commission on Accreditation of Rehabilitation Facilities (CARF)-Continuing Care Accreditation Commission (CCAC). This review allows us to understand our strengths and weaknesses and provides guidance on how to improve our services to Residents. Preparing for CARF-CCAC inspections takes several months of preparation, but more importantly allows us to understand what is meant by exceptional practices. This means offering the exceptional services every day to every Resident. This past week the Washington campus has gone through their second accreditation review followed by Gulfport's first accreditation review scheduled for the end of October.

We have an ambitious agenda to upgrade and improve not only our facilities but also how we deliver services at both facilities. As we move closer to the end on another fiscal year, I want to re-emphasize our commitment to you-the Resident and all future Residents at AFRH. Over the next two years there will be a considerable dip in the Trust Fund bottom line that is due to the "new" Scott Building construction cost. During this time we are committed to following our strategic plan that will allow us to start re-building the Trust Fund back up in a few years. We will continue to review and adopt practices that will improve our services as well as allowing the Trust Fund to grow.

The National Defense Authorization

Act (NDAA) for FY 2002 permitted AFRH through DoD to sell, lease or otherwise dispose of underutilized buildings and property. The NDAA for FY 2009 altered the language by requiring the AFRH to follow Enhanced Use Lease (EUL) procedures for lease of AFRH property. DoD is currently reviewing AFRH's development strategy for the 77 acres development. A decision is expected this calendar year. AFRH is mothballing facilities within the 77 acre development zone in anticipation of sale, leasing and/or development opportunities contingent on DoD decisions. Also, buildings that do not serve the current population such as the old Security building and the Grant Building are also closed and available for renovation and use by outside interests.

As part of our Scott Project we are targeting to close our Power Plant. The Power Plant is old and distributes steam, which requires full-time licensed operators and utilizes old underground distribution lines. For several years AFRH has been exploring economies that would be available from decentralizing these steam heating systems and installing modular systems, which don't require operators, in each of the buildings. With the October 2009 Presidential Executive Order on energy, AFRH reviewed and modified its plans for the Power Plant in accordance with the guidance in the Executive Order. A gradual transition from the central plant is underway and completion is expected in 2013.

We are working on multiple initiatives to reduce costs in the out-years. Our primary efforts are an "Independent Living Plus" program to assist our Residents with aging in place reshaping and renewing major contracts. We believe both of these efforts will have a significant, positive impact on staffing and out-year costs while enhancing the care and wellbeing of our Residents.

The Aging in Place initiative is moving forward with a Senior Living consultant on board to offer advice and guidance. Aging in Place (AIP) as defined for AFRH is the ability of a Resident to remain in one's own living unit for as long as possible, making use of supportive services, technology, special design features, and other assistance as needed in order to live as independently and as comfortably as possible. A pilot program for Independent Living Plus (ILP) is currently in progress at both campuses. Drawing from Residents currently residing in Assisted Living (AL) and Independent Living (IL), the

pilot program is being administered under the direction of the Director of Nursing (DoN).

During the pilot program a Resident Support Team (RST) administers assistance to the ILP Residents. The RST is comprised of a Supervisory Home Health Nurse, Home Health Aides, and a Home Health Social Worker. They will assist all aspects of the Residents' daily life - from medical, religious and social services to rehabilitation, nutrition, and more. If Residents need additional support to

live a more fulfilling life, the RST will coordinate it. We believe this program will reduce Assisted Living requirements at both facilities while helping Residents remain independent.

We have worked hard reshaping and renewing contracts between 2010 and 2013. All major contracts were awarded for a transition period 2010 and 2013. Ever effort was made to renew contracts during the transition period with multiple modifications and compete new contracts beginning 2013 vice executing modifications to reduce costs in Washington as the facility reshaped itself with closure of LaGarde Long-term care facility, demolition of Scott Dormitory, closure of Washington's Power Plant, and opening of the new Commons and Healthcare facility. These changes will reduce Washington's operational requirements by over 400,000 square feet.

In summary, the Trust Fund is solvent; however, the greatest risk to the Trust Fund will occur over the transition years (e.g. 2010 - 2013) as we continue to standup operations in Gulfport and transition to a reduced footprint in Washington. Many of the infrastructure and new facility changes occurring at AFRH coupled with our contracts effort will have a positive, direct impact on the solvency of the Trust Fund. Although we recognize negative growth will occur between the transition years as we expense the Scott Project, we expect positive growth to continue after 2013. We are also reviewing our fee structure and enhancing staffing at the Agency level to meet growing demands of the transition years. As we move forward to our vision of a vibrant, economical operation at both AFRH campuses, we continue to work to use our funding wisely and in the best interest of our stakeholders.

We are moving fast, we're working hard, and every step we're taking is to provide exceptional services to you, the Resident. In next month's article I will be discussing the results of the CARF survey at the DC campus.

*Steven McManus*



**Congressional staffers are briefed on the considerable damage sustained by the Sherman building from the August 23rd earthquake.**

## Ask the Doctor - What is Legionnaires' Disease?

By Dr. Sissay Awoke, AFRH Medical Director



Legionnaires' disease is caused by a type of bacteria called Legionella. The bacteria got its name in 1976, when many people who went to a Philadelphia convention of the American Legion got ill from this dis-

ease.

Each year, between 8,000 and 18,000 people are hospitalized with Legionnaires' disease.

It affects the respiratory system and presents itself as a respiratory infection with symptoms such as high fever, chills, cough, and muscle aches. Test, such as chest X-rays and other tests done on sputum, blood, and urine are necessary to diagnose pneumonia and confirm the presence of these bacteria. It can be serious as its fatality rate is between 5% and 30%. Most cases can be treated successfully with antibiotics.

Most people who are exposed to the bacte-

ria do not become ill. The bacteria are not spread from one person to another person. An individual diagnosed with Legionnaires' disease in the workplace is not a threat to others who share office space or other areas with him/her.

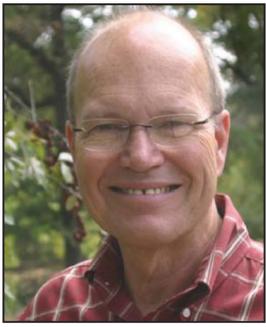
Most people at risk of getting Legionnaires' are 50 years of age or older, current or former smokers, those with chronic lung disease, weak immune systems from diseases like cancer, diabetes, or kidney failure or on drugs to suppress the immune system like chemotherapy and organ transplant.

The Legionella bacteria are found naturally in the environment, usually in water.

They grow best in warm water, like in hot tubs, cooling towers, hot water tanks, large plumbing systems, or parts of the air-conditioning systems of large buildings. They do not seem to grow in car or window air-conditioners.

An outbreak of Legionnaires' disease is preventable by meticulous cleaning and disinfecting of water systems, pools, and spas. Avoiding smoking is the single most important step that one can take to lower one's risk of infection. Smoking increases the chance of developing Legionnaires' disease, if one is exposed to the Legionella bacteria.

## From the AFRH-W Director



Don't you agree that it should be a neon flashing sign, one that reads, "Jerry's Diner?" The idea and agreement at a recent Town Hall of naming the new dining area is good

plus, I don't think anyone disagreed.

What changes, huh? The 5.8 earthquake in August shook our world here at the Armed Forces Retirement Home. So many changes had to take affect and almost immediately.

How fortunate we were to have the solid Hensel Phelps Construction Company on the grounds. They are the company building the new Scott Commons. Hensel Phelps personnel straight away switched gears and began to help Justin Seffens and Campus Operations to shore up buildings and equipment. Did you watch some of the people up in the metal cages dangling up ninety feet wrapping the strapping around the tower stone? Impressive! And I am so happy it wasn't me up there. HP continues to lead the way in working to get the Sherman Building operational in the next months.

Steve McManus suitably used the word "sacrifice" when he said that everyone was encountering. The residents had to sacrifice in many ways, 60% less elevators for convenience, loss of Artist Colony space, the aggravation of having to constantly change loading locations for transportation, the loss of program areas in the Sherman, for example, the bingo and movie areas, and the giving up the large and nice Fitness Center. The Charter School had to sacrifice using AFRH-W cam-

pus buildings and had to secure other facilities. And the Sherman staff had to find anything available for office space. A couple of people still are not in offices.

How good it was that no one was injured or killed at the AFRH. Tons of stone fell from the Sherman in through the roof and outside of the building. None of the 200 children or teachers at the school, none of our staff, though two ladies were milliseconds from being crushed. Three of the Sheridan elevators had people in them and two did not. The two that were empty had the 5,000 pound counterweights fall into and crush the cars. All lives were spared. What the AFRH experienced reminds me of a historical event.

The American Indian chief looked scornfully at the soldiers on the field before him. How foolish it was to fight as they did, forming their perfect battle lines out in the open, and standing shoulder to shoulder in their bright red uniforms. The British soldiers—trained for European warfare—did not break rank, even when braves fired at them from under the safe cover of the forest. The slaughter at the Monongahela River continued for two hours. By then 1,000 of the 1,459 British soldiers were killed or wounded, while only 30 of the French and Indian warriors firing at them were injured.

Not only were the soldiers foolish, but the officers were just as bad. Riding on horseback, fully exposed above the men on the ground, they made perfect targets. One by one, the chief's marksman shot the mounted British officers, until only one remained unhurt.

"Quick, let your aim be certain and he dies," the chief commanded. The warriors—a mix of Ottawa, Huron, and Chippewa tribesmen—leveled their rifles at the last officer on horseback. Round after round was aimed at this one man. Twice the officer's horse was



### The Countdown Begins

David Watkins briefs residents on the Scott Project count down clock until the "new" Scott Building is complete and ready for move in.

shot out from under him. Twice he grabbed the horse left idle when a fellow officer had been shot down. Ten, twelve, thirteen rounds were fired by the sharpshooters. Still, the officer remained unhurt.

The native warriors stared at him in disbelief. Their rifles seldom missed their mark. The chief suddenly realized that a mighty power must be shielding this man. "Stop firing!" He commanded. "This one is under the special protection of the Great Spirit." A brave standing nearby added, "I had seventeen clear shots at him... and after all could not bring him to the ground. This man was not born to be killed by a bullet."

As the firing slowed, the lieutenant colonel gathered the remaining troops and led the retreat to safety. That evening, as the last of the wounded were being cared for, the officer noticed an odd tear in his coat. It was a bullet hole! He rolled up his sleeves and looked at his arm directly under the hole.

There was no mark on his skin. Amazed, he took off his coat and found three more holes

where bullets had passed through his coat but stopped before they reached his body.

The battle on the Monongahela, part of the French and Indian War, was fought on July 9, 1755, near Fort Duquesne, now the city of Pittsburgh. The 23-year-old officer went on to become the commander-in-chief of the Continental Army and the first president of the United States. In all the years that followed in his long career, this man, George Washington, was never once wounded in battle.

Nine days after the battle, Washington wrote to his brother to reassure him that he had survived in spite of the rumors of his demise. He spoke of God's providential protection. "I have been protected beyond all human probability or expectation; for I had four bullets through my coat, and two horses shot under me yet escaped unhurt, although death was leveling my companions on every side of me!"

I am convinced the same providential protection took place here with the AFRH.

David Watkins

## Notes from the AFRH-W

### Chairman, Resident Advisory Council



Well, it sure has been a wild period from the earthquake, lots of rain, and a change in the season all taking place since the last column. I want to take this time to offer the thanks of all Residents of the Washington

home to the Staff of the Armed Forces Retirement Home Washington, and employees of Gulf Coast Enterprises for all the assistance they offered during and

after the earthquake. From getting all Residents out of all buildings, and then having the buildings inspected for damage – all in a period of four hours. The work you did during this period will always be remembered. Even if, at times, some of the Residents did get angry you took care of them, and us, in a professional manner.

I want to encourage all of you to attend the Resident Advisory Council (RAC) meetings held, for the most part, on the third Wednesday of every month starting at 0900 in the Resident-Visitor's Lounge in the Sheridan Building. There is a good reason for this and that is at the meetings the floor representa-

tives and committee members bring up issues that might, if accepted by management, affect the way things are done at the Home. Some Residents feel that the RAC should attend them on a personal basis and never have to have their views tested in the arena of public debate. But that is not the way we work, if you have something that you feel is important, bring it up at one of the RAC meetings.

One important function of the RAC is to approve and/or make recommendations about the budget for the Recreation Section. Every year we go over the budget presented to us, make recommendations for or against certain items and then, at a meeting of the Resident Fund Advisory Board, either the board approves or does not approve our actions. The important thing in this budget process is not only how the funds are spent but that they

reach a certain population of the Resident. The expenditures of the Resident Fund should reach the broadest number of Residents.

As the Chairman of the RAC I am always looking for Residents to fill positions that may come up. Positions like Floor Representatives, members of the Resident Fund Advisory Board, and many other committees that are under the RAC. I encourage you to ask about these positions. I further encourage you to fill one of these positions.

And finally I want to thank all the Residents who tell me about the good job they feel the RAC is doing. And that is what we, the RAC, are about; doing the best job possible for the majority of the Residents, not a select group.

Esker McConnell

## Veteran Highlights

### Richard Whittle

## Bulldozer operator during the Korean War

By Christine Baldwin, AFRH-W Librarian

Richard entered the Army on June 21, 1952. He was sent to Pusan Korea on January 31, 1953. He was assigned to a railroad outfit in the engineer section as a bulldozer operator.

One of the things he remembers is the North Koreans flying Kamikaze missions at night. These were low flying aircraft. They followed the river and if they saw a light from anything below, they would drop a bomb. The airplanes weren't much better because their flights were a one way trip; when they ran out of gas they crashed. They called these planes "Bed Check Charlie," because as soon as you got to sleep, lights would go out and sirens would sound. Then, you had to go to the air raid shelter. One night, nearby the bombs destroyed two rail lines and killed two Koreans. Fortunately, Richard was not on duty that night.

South Korea's President, Syngman Rhee released prisoners of war and they roamed the countryside. As a result, all United Nations installations were on lockdown. Since Richard's job was outside the compound, he had to have an armed escort. This was a difficult time because you didn't know who or where the enemy was. The Armistice was signed on July 27, 1953. Richard was overjoyed thinking he would be going home! But the reality was that he still had another year in Korea.

One of the things Richard enjoyed while in Korea was talking with the older Koreans. He learned about their history and how, before the war, everyone seemed to live in harmony. During the war, this changed and everyone was just trying to survive. He enjoyed his stay even though he had many memories of difficult times.



## U.S. Air Force birthday celebration at AFRH-W



Robert Carlozzi and TechSgt Hill make the traditional cut in honor of all Air Force service members.

## From the AFRH-G Director



Next week marks the one-year anniversary of the opening of our 'new and improved' AFRH-G. And it just so happens that the day before our anniversary, on Oct. 3, we will be welcoming

11 new residents to our Home, one of whom will be our 500th resident. With this last group of new residents, our Independent Living population will be operating at full capacity. We've certainly come a long way since those hectic days last fall but as things have started to settle into somewhat of a routine, our goal is to continually examine the services and activities we provide and, through feedback from our Residents, improve. Here are a few examples of Resident involvement in positive change since we opened:

Residents now have an option of keeping or removing the love seat and chair in their living units; a waiting list has been established for those Residents wanting to move to a different room; a short order menu is offered at the noon meal in addition to the regular and diet line; cell phone reception on the first floor has been improved with the installation of repeaters; a golf course has been laid out on the south side of our property; garage level doors have been secured and accessed only with room keys; additional service providers are available for television, cable and phone in resident rooms; and a double door was installed in the lounge for access to the Community Center, just to name a few. We have many more projects in the works such as building two smoking huts and installing automatic doors in common use areas on the first floor, battery operated emergency lights throughout the building, mirrors installed in the hallways for safe movements in the hallways and many other capital improvements in the near future. We will continue to be a work in progress so keep the suggestion cards coming.

On October 24-26 we will be hosting a team of surveyors from the Commission on Accreditation for Rehabilitation Facilities (CARF). CARF is a private, not-for-profit organization that promotes quality rehabilitation services. It does this by establishing standards of quality for organizations to use as guidelines in developing and offering their programs and services. CARF uses those standards to determine how well an organization is serving its customers (Residents) and how it can improve. AFRH-W went through the accreditation process last year resulting in a CARF certification. The knowledge and experience the AFRH-W staff gained from this has very beneficial to our team as we prepare for the CARF visit. So what does CARF and this accreditation process mean to you the Resident?

First it gives you the assurance that we are committed to continually improving the quality of service and that our focus is on service outcome and customer feedback and satisfaction. Second, Residents are assured of a higher degree of internal quality which means stability within the organization.

CARF accredited organizations also demonstrate increased cohesion among staff members and it assures the involvement of persons served in their treatment and services. Perhaps most interesting about CARF is that it takes a collaborative approach with organizations rather than a top-down prescriptive approach. The surveyors intent is to improve care, bottom line, so this is more of a peer review than the inspection process of the past. The surveyors themselves are health care providers so they understand our business. We are provided the standards well in advance so our goal has been to build these standards into our everyday practices so that this survey is not reactionary, it's the way we do business.

There are flyers posted around the building detailing the upcoming visit and what to expect. Resident feedback is a large

part of this certification process so if you are approached by a surveyor, please feel comfortable sharing your personal experiences living at the AFRH-G.

There are a lot of activities planned this month that you won't want to miss so check out Recreation's monthly calendar. I hope everyone is able to attend the Resident/Staff Picnic on October 4 which will be a special celebration of our one year anniversary. The dining staff has a special meal planned for the occasion. October is also Navy Birthday month and here on the Gulf Coast it's also time for Cruisin' the Coast, a very popular event that draws hundreds of classic cars and huge crowds from all over the country.

Enjoy.

*Richard Heath*



An Air Force color guard posts the flag during the Air Force birthday celebration held at the AFRH-G on September 16, 2011.

## Veteran Highlights

### Former Navy barber has many interesting stories



**Kenneth Schneider**

California.

Ken's first ten years in the Navy was as a Barber. Being a Barber is very interesting and exciting work. You hear everything, you know everything and you give interesting hair cuts to Admirals, U. S. Senators, Congressmen and even the President upon occasion.

His most notable and interesting haircut as a young man, was a famous Movie Star – Tyrone Power, aboard the USS Marvin H. McIntyre APA 129. "Tyrone" came aboard 8 November 1945 to be sent back for discharge to Portland,

*By Ruby Wood-Robinson, AFRH-G Librarian*

May of 1944 was an interesting time for Ken, You know it –the Draft Board called early one morning while he was in St. Louis, Missouri and off went Ken to the U. S. Navy. From Boot Camp he was sent to the Navy Barber School in Long Beach,

Oregon. The first day aboard he came into the Barber Shop, asked for a regular haircut. One day out of Portland he came into the Barber Shop for a "Hollywood haircut", the next day November 16, 1945 we were in Portland, Oregon. A Hollywood haircut at that time was tapered in the back, clean around the ears, nothing off the top and very little on the side.

After being a barber for ten years, Ken became an expert at everything, such as logistical work, warehousing, cashiering and the Manger for the Navy Exchange and a CPO Club and Officer's Club, this was at Lualualei, Hawaii where he retired with 21 years in the Navy.

While in the Navy he was on the USS Marvin H. McIntyre (APA-129); the USS Pocono AGC-16/LCC-16 Admiral Ship, with four Admirals on board, Admiral W. H. P. Blandy, Commander Atlantic Fleet; Admiral Marc Andrew "Pete" Mitscher, Naval Aviator 1946-1947, Vice Admiral Alfred Wilkinson Johnson and Rear Admiral Edward a Solomons, USN.

After being a Navy man, Ken went into Security work for the next 20 years, including working for the Pinkerton Inc. in Orlando, Florida for Dis-

ney Studios.

Ken and Ruth (deceased) had one son, Stan and one grandson, Kenny.

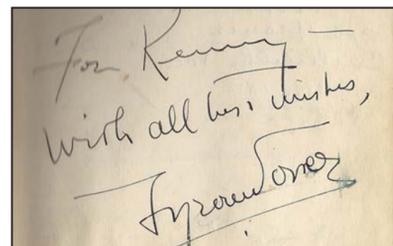
Ken is happy to be here at AFRH because he likes being with interesting people and he can relive his military experiences. Being retired is wonderful. Ken still carries his autograph book from 1945, he purchased it in San Diego and he still carries it with impressive autographs.



**Kenneth Schneider, as a Chief**



**Kenneth Schneider, at 21**



**Kenneth has an autograph of movie star Tyrone Power. He cut his hair when he was a barber for the Navy in 1945.**

## Notes from the AFRH-G Chairman, Resident Advisory Council



September 2011 has been another GREAT month. The weather here has been perfect! Any unfavorable weather was unfortunately diverted to the DC campus; we wish that campus much better weather and acts of nature in the future.

The Resident count here in Gulfport is now 492 while the count is expected to reach 500 before our first Anniversary date of 4 October 2011!!!

Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESS", on the 13th of September

2011, Lunch Time, The World's Best Corned Beef was served, cooked to perfection, most tender (cut with a spoon), tastiest, seasoned perfectly! All Residents were raving about it! Fred your Team Got It Right!! Thanks to ALL!

On 20 September, we enjoyed Birthday Night with Roasted Prime Rib and all the appropriate trimmings! A Wonderful Dinner and Fun was had by all especially with "Music by Goldie"! Another BIG Thank You to "Goldie"!!

Congratulations to the New COO of the Armed Forces Retirement Home, Mr. Steven McManus!! Thanks for your tremendous Leadership in the past and God Bless your Leadership in the Future!!

Now some notes from the Military Memorabilia Committee. The Committee has

been working with the items of Military Memorabilia which were retrieved from the storage facilities at the CB Base. Please note the items placed in the lower level entry and the Volunteer's Home room hall way! Thanks Again, to the Military Memorabilia Committee!!

The Resident Advisory Council met on the 13th of September 2011. Some of the actions taken were:

### ANNOUNCEMENTS:

-Thanks for making this a Friendlier/Happier Home!!

### OLD BUSINESS:

-RAC received updates on all Committee Chairpersons.

### NEW BUSINESS:

-RAC approved floor rep appointment, James Stockstill B-6, Lennie Kuhn C-5.

-RAC reviewed the Monthly Financial Report for July 2011.

-RAC approved purchasing a Player Piano in Honor of MC Jimmie Fairbanks, cost

NTE \$4,000 total.

-RAC reviewed Resident Parking issues and recommends approval of valet parking to resolve all issues.

Many THANKS to all the Residents for participating in making OUR HOME a Better place to live. Your help, your suggestions, and Your Comments are helping us all become BETTER.

Enjoy!!

*Bill Parker*



**Bill Parker with Jack Klimp, LtGen, USMC (Ret) during his visit to AFRH-G.**

## The Tale of the Tapes

By Bill Tobin  
Resident Writer

Both Joe O'Carroll and Bill Tobin were "lif-ers" in the Navy, and their careers paralleled each other somewhat. Joe was a communications technician, or CT, otherwise known as the Navy's CIA. Bill was a regular Navy "black shoe" with the designation EN for Engineman. But they never knew each other during their whole careers, and for some time after that.



Bill Tobin

The first time either one laid eyes on the other was at the AFRH-W. Bill had gone there to live after selling his home in California. His son had retired from the Marines and was living in Virginia.

Joe, on the other hand, was there for an entirely different reason. He'd been living at the AFRH-G when hurricane Katrina wiped it out and the survivors went to live in DC.

They still didn't know each other until one day when Bill replied to a question from Sid Land, Joe's

good buddy. However, the reply was made in Japanese for whatever reason and the dam was broken.

It seems that both Joe and Bill had found a home and wife in Japan and were both stationed there for some time. Joe was living in Yokohama while Bill was living in Hayama, the home of the Emperor's summer palace.

Joe had found employment in Japan and was teaching English to Japanese students. Bill found himself in command of two YFU's out of Yokosuka. These vessels were WWII vessels, called then LCTs. Their main purpose was to deliver cargo up and down the coast from Tokyo to Chigasaki and offshore to the Coast Guard LORAN station at Oshima Island, 60 miles offshore.

Bill's duty had 13 months to go when President JFK formed Seal Team One. The members of this group were taken from the UDT Teams at Coronado, Calif., and Little Creek, Va. They were replaced in the UDT Teams with former members of UDT who were at various duties



Joseph O'Carroll

throughout the world. Bill was one of these and found himself back in Coronado with UDT-12.

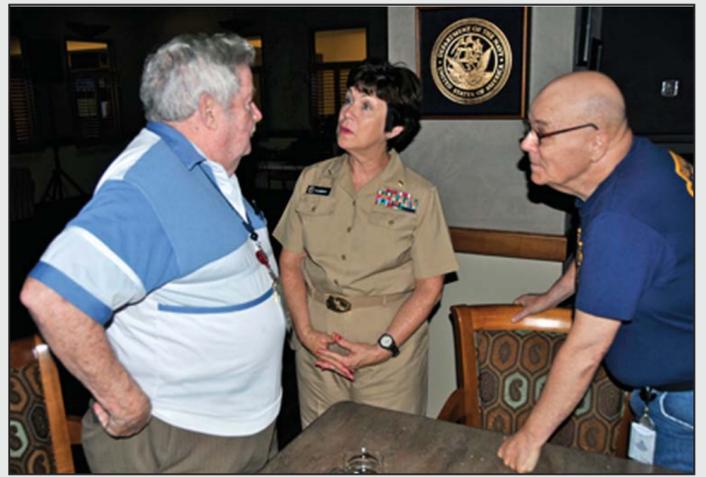
From there it was off to Ft. Benning and Jump School, eventually winding up in Seal Team One. Which meant many a long deployment overseas. To help out his wife who was trying hard to cope with a new country, Bill got a VCR and showed her how to watch Japanese movies from Los Angeles. She learned how to copy them onto VHS tapes and send them back east to her sister living in Virginia. She did this for years until her demise in 1991.

After a suitable adjustment period, Bill decided to continue that program for which his sister-in-law and all her Japanese friends in the Shenandoah Valley were thankful. And, as the years wore on, the collection of these tapes became fairly extensive, taking up one whole wall of her TV room.

The program was discontinued when Bill moved to AFRH-W in June 2003. Time inexorably moved on, as did the people in DC, and so Bill and Joe were now at Gulfport. By this time they knew each other as they both resided on the C wing 8th floor.

On a visit to Joe's room, Bill noticed that Joe had a VCR there and a higher wisdom struck him. So he called his sister in law in Virginia and asked her to send him some of the tapes she had collected. She was happy to do so and that's about the end of this story. Joe is happy as he can now watch Japanese TV and relive old memories. Bill's sister-in-law is happy as soon she will be able to redo her TV room. And Bill is happy as he once again did what he does so often. Pay it forward.

## A warm Mississippi welcome



Resident volunteers Bill Allen (left) and Bob Rutherford give Rear Admiral Karen Flaherty, Deputy Chief, Bureau of Medicine and Surgery/Deputy Surgeon General of the Navy, a tour of the AFRH-G during a visit earlier this month. Rear Admiral Flaherty was in town to attend Family Day at the Seabee Center.



The National Association of Uniformed Services (NAUS) President Jack Klimp, LtGen, USMC (Ret) is greeted by resident John Morash, USMC (ret) during his tour of the Home on Sept. 16. The NAUS President toured the AFRH-G and briefed residents on the work NAUS is doing for veterans.

## Valor Hall Remembers Hurricane Katrina on Scenic Bus Trip

By Susan Bergman, MT-BC - Recreation Services

On Wednesday, September 7, Valor Hall / Assisted Living residents enjoyed a scenic bus trip along Beach Boulevard / Hwy 90 from Gulfport to Ocean Springs. Residents were able to see Fort Maurepas Park and Pier (our fishing hole in Ocean Springs), the sites of downtown Ocean Springs, and the rebuilt Bay Bridge connecting Ocean Springs to Biloxi. We stopped to see the lines on the poles in Biloxi that marked the water height from Hurricane Camille (6') and Hurricane Katrina (18').

Our next stop was Biloxi Town Green and the Katrina Memorial. Residents were amazed by the mosaic created out of glass and tile pieces to represent the breaking wave of the storm. A raised platform with the American Flag stands at the center of the arc spiral as a symbol of hope and defiance. An enclosed glass case also held collected artifacts - a statue of St. Michael the Archangel defeating the devil, a baseball trophy, cross and chalice from the Church of the Redeemer, a tree branch that was held onto for four hours when a man was trapped by debris, a mantel clock set at 0900 for the storm surge, and other meaningful memories that had been stopped in time by Katrina. The display case collage also contained an American flag that had been draped over the coffin of a WWII Veteran - the flag survived a destroyed home only by being in the attic. Additional items that were donated but not used in the glass case were buried in a time capsule on the site. The names of those missing or lost during the storm for each Gulf Coast county were listed on a polished black granite wall built 12 feet in height to mark the hurricane surge of water at this location. The Katrina Memorial stands as a powerful reminder of human resilience, the potential danger of these storms, and how lives of disruption may be transformed once again into beauty.

AFRH residents and Keesler Air Force Base volunteers shared their memories, experiences, and gratitude for life marking 6 years since the storm. It was quite a relief to be outside after several days of rain (over 13") from Tropical Storm Lee. The weather was beautiful under the shade of a huge live oak and the ice cream a treat! We finished with a group picture around Marlin Miller's tree carving of a marlin, mahi-mahi, and sea turtle reminding us of the beauty that still lies around us each day.



Valor Hall / Assisted Living residents look at the glass case with collected artifacts from Hurricane Katrina.

## "They Can Really Do That?"

By Susan Bergman, MT-BC,  
Recreation Services

On Friday August, 26, Valor Hall residents were treated to a tour of Keesler Air Force Base and the Air Traffic Control Simulator Training at Cody Hall. Cody Hall provides realistic Air Traffic Control Training using air traffic and radar approach control simulators that challenge officers and enlisted students by creating realistic airfield environments. Residents were given a bus tour of KAFB by Yolanda Wallace and a tour of Cody Hall by SSgt Nick Volz, AFRH volunteer and KAFB Air Traffic Control Instructor. Many of our residents know Nick and his champion dock jumping dog, Hunter, for their amazing pet visits and tricks.

At Cody Hall, AFRH residents were given a hands-on tour of the radar simulator room. They were shown how students read scripts behind the screens, learned about weather data, and invited to jump into the ex-

citement with instructors and students at the radar screens. Then, it was onto the air traffic control tower simulator room. Residents were amazed as they watched instructors project realistic weather scenarios onto the screen. An approaching snowstorm / thunderstorm in the distance gradually approached, became a blizzard, and completely clouded the vision of the air traffic control tower. Students were faced with the challenging situation of landing all types of aircraft yet in a safe and secure environment under an array of conditions. What a fantastic tour!!

Residents then travelled to the food court area for wonderful box lunches provided by AFRH dining service, had time for socializing with AFRH and KAFB volunteers, and even got a chance to visit the exchange. Debbie Pearson, former AFRH art specialist now at KAFB, even stopped by to see everyone. As one resident stated, "for Heaven's sake...this is all so terribly fascinating...they can really do that...I'm so thankful to get a chance to see this incredible training center in our own backyard!"



Jack Oxford and Jesse Self watch an exercise going on in the Air Traffic Control Tower Simulator Training Room.

# AFRH-W September Activities

## Sports Day at KHC

By Amanda Jensema

The morning got off to a sporty beginning. The LaGarde Main Street in the King Health Center building was filled with sports stations for residents to get themselves moving. They moved from station to station enjoying each one many times. They competed in games such as Basketball Toss, Target Practice, Bowling and Ring Toss. After they completed each station they were treated to Snowcones made special by Recreation Assistant Sarah Kenan. A special thank you to the Recreation Therapy Department and our volunteers for helping make this such a fun event!



Robert Stevenson watches to see how many pins he has knocked down.



Ida Simpson aims for the basket during the basketball free throw contest.

## Diamondbacks capture the title at the 3rd annual John Hancock Softball Tournament

By Jerry Carter

AFRH hosted the 3rd Annual John Hancock Tournament on Saturday, September 17th at the Fairlane Aquatics & Sports Complex in Beltsville, Maryland. Our D-Backs won this tournament defeating the defending champions Veterans Affairs 13 - 2 and in the Championship game 16 - 13 over Saint Josephs Missionary. Some of our fans made the trip to the Sports Complex and were treated to fun, high spirited play between all the teams participating. The D-Backs played outstanding defense and had timely hitting throughout the entire line-up in the championship game. Volunteer Alberto Verez pitched a good game, showing command of the strike zone against the Missionary hitters. During the Championship Trophy Presentation, resident Phyllis "Iron Woman" Bradford received a standing ovation from all team members partaking in this tournament for her play during the season and tournament. The John Hancock Championship Trophy will be on display in Room 1010 Sheridan.



Above: AFRH-W Diamondback Champion Softball Team with the team trophy.



Left: Diamondback Cheerleaders packed the stands for the title game.

## Fun Fest

### Just another day of fun and games

By Jerry Carter

On Friday, September 3rd our residents were treated to fun carnival games, music, and a cookout hosted by Food Service. Fantasy World Entertainment provided tents, games, and many residents enjoyed participating in this carnival atmosphere. Our own Billy "Music Man" White played outstanding music throughout the event. His selections blended well with the great weather, food and all having a good time outdoors under the tents. Recreation Services would like to thank Food Service, volunteers, Billy "Music Man" White, Fantasy World Entertainment, and all of our resi-

dents who attended the Fun Fest.

KHC residents also participated in the festive activities. All residents who participated in the Fun Fest received a tee-shirt for their efforts. Volunteers Martha Williams and Reggie Ragland helped alot during the event. Martha did outstanding job on passing out the Fun Fest tee-shirts and keeping them organized throughout the day. Staff Nicole Chappell led the "Name That Tune" activity and displayed plenty of energy, encouraging all in attendance to participate. Resident Charles Felder won the Name the Tune by identifying more tunes than others partaking. Everybody had fun at this years Fun Fest and look forward to next year!

## Residents enjoy Jerry Wood's Invitational Golf and Crab Feast

By Zack Roday, Armed Forces Foundation

On behalf of the Armed Forces Foundation (AFF), thank you for your support of the 14th annual Golf & Crab charity invitational. It was an honor to continue the Golf & Crab tradition and commemorate the activism of the creator of this event, Jerry Woods. We were pleased that you were able to join us for a great day.

The philanthropic investment in the Armed Forces Foundation allows our not-for-profit to serve our mission of assisting the military and their families through financial support and morale, welfare, and recreation programs. As in the past, proceeds from the tournament will directly benefit members of the military in our community and across the nation.

We thank you for joining us at the 14th annual Golf & Crab charity invitational and hope that the Armed Forces Retirement Home will join us at Harris Crab House next year!



John Porter digs into a few crab at this annual event.



Nelson Jamison is all smiles after a round of golf in Queenstown, Maryland.

## NCOA sponsors Resident Club Championship

### Roy Wheeler shot a 69 to capture the title

By Matt Kayson

On Wednesday, September 21st, Roy Wheeler, for the third time in four years was crowned the Resident Golf Champion. His one under par score of 69 was the best 18 hole score in memory as he outdistanced himself from his nearest competitor, Rudy Holloway, who finished in second place with a 77. Third place honors go to Jo Soboleski. In the net division, Hugh Rowe won with a net score of 69, followed by Roy Webb with a 77. Nelson Jamison was the victor in the 9-hole division with a net score of 31, followed closely by Joe Taylor with a 33.

Fiona Schneider of the NCOA was on hand to greet the Residents during and after the round of golf. Our thanks go out to the NCOA National Defense Foundation for their continued support of our golf championship and the Residents of the Home.



Roy Wheeler two putts on 18 to finish out his round of 69.

## In Washington, DC

# On 9/11, a Day of Service

By Carolyn Weber

This year marked the 10th anniversary of 9/11. Each year, on or around the anniversary of September 11th, tens of thousands of organizations, employers, schools and other groups participate in the 9/11 Day of Service and Remembrance Initiative across the nation. The goal is to have individuals voluntarily engage in good deeds to rekindle the spirit of unity and compassion in tribute to the victims of 9/11.

At the Armed Forces Retirement Home, students, corporations and non-profit organizations came together with our Veterans in a spirit of community. Together, we sorted cards to send to our troops overseas through Operation Gratitude; delivered cards to honor our Veterans' service to this country; and beautified the grounds along the Park View Neighborhood border of AFRH. Volunteers included residents of AFRH, students from American University and George Washington University, AARP, People Animals Love, Greater DC Cares and Rolls-Royce North America.

Thank you to our partners and resident volunteers who continue to support our community and demonstrate the spirit of unity. May we never forget.



Robert Carlozzi reads through thousands of cards with staff from Greater DC Cares.



George Washington University students from the Class of 2015 scrap paint and rust off part of the perimeter fence.

## AFRH- G Recreation Day Trips

*From WWII Victory Theater to Swamp Tours*

*Something for everyone*



A group shot of residents at the WWII Victory Theater during a trip to New Orleans on Aug. 31.



Marion Ritchie takes a photo with one of the ladies at the WWII Victory Theater in New Orleans.



Residents enjoy a boat ride during the Honey Island Swamp Tour in Southern Louisiana on September 22, 2011.



This was just one of the gators spotted by photographer Jack Horsley during the Honey Island Swamp Tour.